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## LOW FAT CHRISTMAS PUDDING

Low-Fat Christmas Pudding is so easy to make and it tastes even better than traditional recipes which contain suet making them much higher in fat. It is suitable for vegetarians. Steaming gives a nicer, more moist pudding but the microwave method is also good. If you wish, you can soak the fruit in the brandy, rum or beer and leave overnight. You can make this Christmas pudding two weeks (or more) in advance to maximise the flavours. Drizzle with 1 tbsp of brandy or rum each week leading up to Christmas.

Serves 10

Per serving 280 kcal/2.5g fat

Preparation time 20 mins

Cooking time:

Microwave 15 - 20 mins

Steaming 3 hours to cook, 2 hours to re-heat

## INGREDIENTS

84g (3oz) currants  
84g (3oz) sultanas  
112g (4oz) raisins  
84g (3oz) glacé cherries, halved  
84g (3oz) plain or self-raising flour  
1 tsp mixed spice  
1½ tsp ground cinnamon  
56g (2oz) fresh wholemeal breadcrumbs  
56g (2oz) dark brown sugar  
2 tsps gravy browning  
grated zest of ½ lemon  
grated zest of ½ orange  
112g (4oz) grated apple  
112g (4oz) carrots, finely grated  
4 tsps brandy or rum  
1 tbsp lemon juice  
2 eggs, beaten  
4 tsps semi-skimmed milk  
2 tsps black treacle or cane sugar syrup  
extra 4 tsps rum or brandy for reheating

## METHOD

1. Combine all the dry ingredients and all the wet ingredients in 2 separate bowls. Mix together and add the beaten egg.
2. Continue mixing until all the ingredients are combined.
3. Pour the mixture into a 1.2 litre (2 pint) pudding basin or glass bowl and cover with aluminium foil if steaming (not if microwaving).
4. Place in a steamer (or in a large saucepan with a smaller lid placed downwards in the pan, or on a heat-proof plate turned upside-down, upon which the bowl will stand) and cook, covered, for 3 hours.
5. If microwaving the pudding, place an upturned plate over the basin and microwave on full power for 5 minutes. Leave to stand for 5 minutes, then microwave for a further 5 minutes.

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6. After cooking, allow the pudding to cool, then wrap in aluminium foil or place in an air-tight container and leave in a cool, dry place until required.
7. To reheat the pudding, steam for 1–2 hours, or microwave for 10 minutes.
8. When cooked, run a knife around the edge of the basin, turn out onto a serving plate and drizzle with brandy or rum. Serve with low-fat Greek yogurt mixed with a tablespoon of brandy or rum. (optional)

